

## 60 Second Self Starter Sixty Solid Techniques To Get Motivated Get Organized And Get Going In The Workplace

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The 60 Second Self Starter is perfectly designed for procrastinators and those who want to get things done, but can't or won't. There are literally 60 solutions here which get to the point, but do so creatively. Author Jeff Davidson has clearly put a lot of thought and quality into writing this easy to read but clever solutions book.

### 60 Second Self-Starter: Sixty Solid Techniques to get ...

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### Amazon.com: 60 Second Self-Starter: Sixty Solid Techniques ...

Jeff Davidson is the author of numerous books, including The 60 Second Self-Starter and The Complete Idiot's Guide to Managing Your Time, as well as the audiobook The Power of Simplicity. Davidson, a resident of Chapel Hill, NC, is also a noted professional speaker. Visit his Web site at [www.BreathingSpace.com](http://www.BreathingSpace.com).

### 60 Second Self-Starter: Sixty Solid Techniques to get ...

The title 60 Second Self-Starter made me think this was going to be quick tips to get moving. It is tips to get moving but each one is well developed and thoughtful. It is a deeper book than I was expecting. It takes the reasons for procrastination and explores them a bit more than the usual time management book.

### 60 Second Self-Starter: Sixty Solid Techniques to get ...

60 Second Self-Starter Sixty Solid Techniques to get motivated, get organized, and get going in the workplace.

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Jeff Davidson is the author of numerous books, including The 60 Second Self-Starter and The Complete Idiot's Guide to Managing Your Time, as well as the audiobook The Power of Simplicity. Davidson, a resident of Chapel Hill, NC, is also a noted professional speaker. Visit his Web site at [www.BreathingSpace.com](http://www.BreathingSpace.com).

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60 Second Self-Starter by Davidson, Jeff (ebook) 60 Second Self-Starter: Sixty Solid Techniques to get motivated, get organized, and get going in the workplace. by Jeff Davidson. "Jeff Davidson approaches organizing as an exercise in control, efficiency, and peace of mind. Jeff can tell it like it is, because he is like he tells it."

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Jeff Davidson is the author of numerous books, including The 60 Second Self-Starter and The Complete Idiot's Guide to Managing Your Time, as well as the audiobook The Power of Simplicity. Davidson, a resident of Chapel Hill, NC, is also a noted professional speaker. Visit his Web site at [www.BreathingSpace.com](http://www.BreathingSpace.com).

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Cover title: The 60 second self-starter. "This book is a revised edition of The 60 second procrastinator by Jeff Davidson, copyright 2003, F + W Publications, Inc."--Title page verso. Description: xvi, 158 pages ; 19 cm: Other Titles: Sixty second self-starter: Responsibility: Jeff Davidson.

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### **60 Second Self-Starter - By Jeff Davidson (Paperback) : Target**

"The 60 Second Self-Starter" is an easy-to-read, enjoyable, effective guide to destroying the barriers people erect for themselves: use the computer as a tool to get motivated and get started; minimise office distractions such as noise and co-workers; and create a dynamic, energising environment at work. With 60 solid techniques to overcome procrastination in the workplace, this...

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Thrive Global founder Arianna Huffington has some simple advice for business owners and executives who don't have time to take care of themselves: Spend 60 seconds to three minutes each day on a...

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So, here are self-care ideas you can do in only sixty seconds. Rub the inside of your wrist or your palm. Especially if you're a lover of physical touch. There is something incredibly nurturing about rubbing or massaging the inside of your palm or wrist even for just a few seconds. You will find yourself more relaxed, more grounded and more ...

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Jeff Davidson (Raleigh, NC) is the author of The 60-Second Organizer and The 60-Second Self-Starter, as well as many other books and articles about making the best use of one's time and efforts. In...

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